

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1-20. (Canceled)

21. (New) A process for preparing a composition for improving and maintaining intestinal activity and for normalizing bowel movements, comprising the steps of:

a) preparing a suspension of a material which, if it is degradable in at least one of the stomach and the small intestine, is provided with a compound which dissolves exclusively in the intestine;

b) preparing from the suspension a sponge-like or foam-like structure;

c) reversibly compressing the material;

d) loading the material, before, during or after step b), with active compounds or with laxatives so that these are predominantly or exclusively not released until in the intestine; and

e) if appropriate, at least one of applying a compound to the material, introducing a compound into the material, and encasing the material with such a compound, with the compound not dissolving until in the intestine, the material including pharmaceutically and biologically active substances, the compounds being selected and combined so that the release of the material is controlled by the timed and localized dissolution of the compound so as to achieve targeted release of the material in the intestine.

22. (New) The method as defined in claim 21, wherein the material has three-dimensional polymeric networks.

23. (New) The method as defined in claim 21, wherein the material is coated with the compound.

24. (New) The method as defined in claim 21, wherein the material is introduced into a container which consists of a compound which is exclusively soluble in the intestine.

25. (New) The method as defined in claim 21, wherein the compound is introduced into the material.

26. (New) The method as defined in claim 21, wherein the compound is soluble in liquid having a pH from 5 to 10.

27. (New) The method as defined in claim 26, wherein the compound is soluble in liquid having a pH from 5.5 to 8.5.

28. (New) The method as defined in claim 27, wherein the compound is soluble in liquid having a pH from  $6.4 \pm 0.6$  to  $7.0 \pm 0.7$ .

29. (New) The method as defined in claim 21, wherein the material comprises natural, semisynthetic or synthetic polymers and also stably crosslinked bodies or combinations thereof.

30. (New) The method as defined in claim 21, wherein the material comprises collagen, cellulose or alginate.

31. (New) The method as defined in claim 21, wherein the material is compressed to one half to one hundredth of its original size.

32. (New) The method as defined in claim 31, wherein the material is compressed to one quarter to one fiftieth of its original size.

33. (New) The method as defined in claim 32, wherein the material is compressed to one tenth to one twentieth of its original size.

34. (New) The method as defined in claim 21, wherein the material is decompressed in the intestine to two to one hundred times its size in the compressed state.

35. (New) The method as defined in claim 34, wherein the material is decompressed in the intestine to four to fifty times its size in the compressed state.

36. (New) The method as defined in claim 35, wherein the material is decompressed in the intestine to ten to twenty times its size in the compressed state.

37. (New) The method as defined in claim 21, wherein the material comprises at least one of laxatives, nutrients or food

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supplements, foodstuffs, taste or stimulant substances, flavorings or other ancillary substances.

38. (New) The method as defined in claim 21, wherein step d) includes loading the material with active compounds for prophylaxis.